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Anxiety

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Anxiety

I am the festering wildfire
that spreads throughout all of your limbs
leaving you paralyzed
destroying everything in my path as I do
permanently altering your state of being

I am the hands that grab your throat
pressing and pressing
until you deflate like a balloon
I leave bruises there
for which you try to cover
in the winter with scarves and turtlenecks
in spring with long flowy locks
that you hope never blow in the wind

and although you may hope
the bruises will fade
I promise you
my fingertips will forever sear scars into your flesh
hopefully leading you to find a rope one May

I am the same reason why
horror movies can never do it for you
for their poorly acted screams
can never hold a candlestick
to the ones I give you

every time you have a chance to be loved
to have true intimacy
you run away
for you fear they will discover me
and turn their back on you one day

you wish to run
you wish I'd go away
bother someone else one of these days
but don't you see my dear
I plague many with my frightful games
for you're not the only one of which I play
I just want it to seem that way

still it does not matter
you will never get out
in fear you will never speak of your doubts
you will never try to truly break free
never try to map a different route
away from me

you say you're okay
you pretend it's nothing
but if you continue on that path
I will make sure you will soon be rusting

after all I am the reason you write this damn poem
further immortalizing my internal power I hold
upon you

NATALIE MCKENTY